

The importance of perinatal mental health support through our Start for Life and family hub offer

1. Overview of our Start for Life and family hubs approach
2. The perinatal mental health and parent-infant relationship support offer



Welcome!

Please be aware that some of the sessions are being recorded for sharing later.

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

Please do take the time to provide us with some feedback towards the end of the session.

Thank you!



Overview of our Start for Life and family hubs approach



What is the Start for Life and Family Hubs Programme



- Developing Family Hub approaches was a key 2019 Government manifesto commitment, and the ‘minimum requirements set out within the programme build upon the 6 key action areas as detailed within **The best start for life: a vision for the 1,001 critical days** review chaired by Rt Hon Andrea Leadsom MP
- Norfolk has been selected as one of 75 local authority areas to partake in the government’s Start for Life and Family Hubs programme (2022-25) and will receive around £6m of time limited funding to build on and further develop our prevention and early help services for families with children and young people up to the age of 19 (25 SEND)
- The majority of the funding is provided to develop core Start for Life services:
 - Parenting support for parents and carers who are expecting a baby or have a baby under the age of two
 - Perinatal Mental Health and Parent-Infant Relationship support for parents who are expecting a baby or have a baby under the age of two
 - Early Language and the Home Learning Environment support for families with children aged three and four
 - Infant Feeding support for expectant and new parents
 - Developing and Establishing a Parent and Carer panel
 - Publishing our Start for Life offer
- The funding also contains Transformation funding to enable greater alignment across existing and enhanced services, through a family hub approach for Norfolk
- Elements of our Start for Life offer and family hub approach will commence from June 2023, with our fully embedded model in place by March 2025



Start for Life and family hubs approach: Services



Our Start for Life and family hubs approach is focused on three delivery methods:

1. Service is accessed through a Start for Life and family hub network (e.g. VCSE organisations, via outreach, clinical and other settings), not just in designated family hub sites
2. Service is accessed virtually through online and digital platforms
3. Service is received physically or in person at a family hub site, from the relevant professional or practitioner

Non funded services that are expected to be part of the offer include:

- Birth registration
- Debt and welfare advice
- Domestic abuse support
- Early childhood education and care (ECEC) and financial support (tax-free childcare, universal credit childcare)
- Health visiting
- Housing
- Intensive targeted family support services
- 0-19 public health services
- Mental health services (beyond Start for Life parent-infant mental health)
- Midwifery/maternity
- Nutrition and weight management
- Oral health improvement
- Reducing parental conflict
- SEND support and services
- Stop smoking support
- Substance misuse support
- Support for separating parents
- Youth justice services
- Youth services



What is our Start for Life and family hubs approach?



Our vision for our Start for Life and family hubs approach supports a shared ambition that Norfolk is a place where all children and young people can flourish and is integral to our wider partnership work to strengthen our prevention and early help offer for families and our Local First Inclusion programme focused on developing our response to children with special educational needs, including through the development of school and community teams.

- **Joining up and enhancing services** to ensure all parents and carers can access the early support they need when they need it, **building on our existing prevention and early help activity** with partners, focusing on outreach and increasing joint working in communities so more families are able to get the support they need in the places and spaces that they already visit, or in their homes.
- The aim is to ensure that families have **access to a range of support** from children's conception through a great **Start for Life offer**, into adult life, preventing needs from escalating and improving outcomes so that children and young people can flourish.
- There will be a particular focus on **improving access to support for families** from lower socio-economic groups, families of children with special educational needs and disabilities, or those from minority groups who experience exclusion.
- It will also support **multi-agency workforce development** for staff across agencies and organisations working with children and families, alongside developing opportunities for parents and carers to act as parent champions offering **peer support**.



Norfolk's goals: By March 2025 ...

1. There are **clear communications** in place and as a result more children and families understand what support is available to them and how they can access services when they need them, in their local community or at home.
2. There are **strong networks surrounding children and families** which they better recognise within their own family and community and make more use of them in order to find their own support in ways and at times that make sense to them.
3. Our Start for Life and family hub **services are accessible to all families**, and as a result of our focus on proactively reaching out to families that might never come to us themselves, we are enabling more disadvantaged or marginalised families to access support that reflects their needs.
4. Our Start for Life and family hub **services are connected** in ways that make sense for children and families, and there are better joined-up pathways which mean that children and families find it easier to access the support they need, and their experience of services is smoother and more aligned.
5. We have a **skilled and integrated Start for Life and family hub workforce** that is able to better respond to the needs of the whole family, no matter what their professional background, and as a result more families are benefitting from joined-up early support, only having to tell their story once and are working with trusted professionals.



Getting help through our family hub approach



Does your family need some advice and support?

family hubs bring services together to offer support to families from conception, through childhood, into teenage years and up to 25 for young people with SEND

Here's how to access support



Self Help & Advice

Visit our online virtual family hub providing information and advice on the support and activities available across the Norfolk family hub network.



Speak to a family hub professional

Our network of family hub professionals from a range of different organisations will be available to advise and connect you to the right support.



Self referral

Complete a self referral and one of our family hub professionals will contact you to get ensure the right advice & support is provided.



Targeted Support

Using data and intelligence to identify families and cohorts who may need support and proactively engaging with, and offering support and services



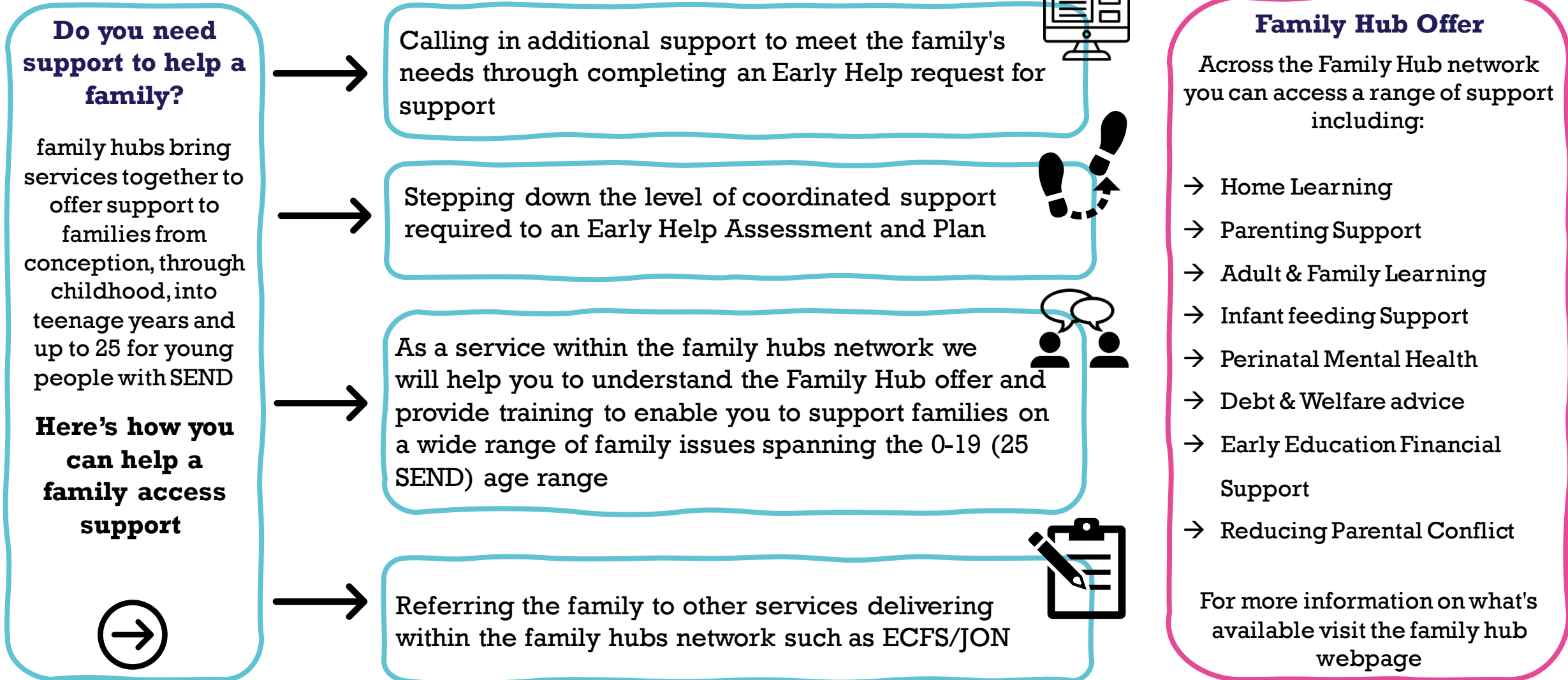
Family Hub Offer

Across the Family Hub network you can access a range of support including:

- Home Learning
- Parenting Support
- Adult & Family Learning
- Infant feeding Support
- Perinatal Mental Health
- Debt & Welfare advice
- Early Education Financial Support
- Reducing Parental Conflict

For more information on what's available visit the family hub webpage

How do professionals support families to access our family hub approach



The perinatal mental health and parent-infant relationship support offer



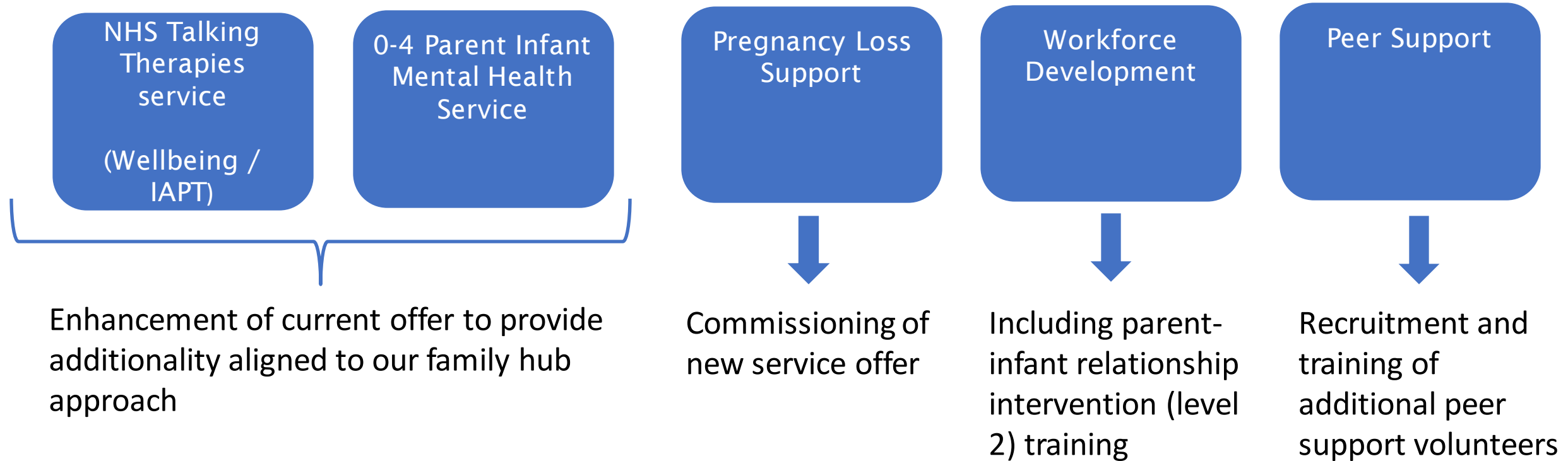
What our approach will mean for families

- Parents and carers will be supported by the core Start for Life and family hubs workforce to access navigate and access perinatal mental health and parent-infant relationship support
- Parents' needs will be identified quicker through Healthy Child Programme health visitors completing an evidenced based assessment of both perinatal mental health and parent-infant relationship at the mandated health visits (no formal assessment of attachment currently occurs), as well as having a core family hub workforce who are upskilled to identify perinatal mental health needs
- Families will be able to access support from accredited psychological wellbeing practitioners, and accredited counselling practitioners within a family hub site or other delivery locations
- Perinatal mental health support will be extended to parents with a child up their second birthday (currently only up to their first birthday)
- Parents and carers will be able to access in person support for mild to moderate attachment difficulties - a practitioner with specialist attachment expertise will be aligned to each family hub site
- Fathers and co-parents will receive greater support through having access to practitioners with the specialism of supporting fathers who are expecting a baby or have a baby under the age of two
- Families who have experienced pregnancy loss will receive greater support, including dedicated support for fathers, co-parents and siblings which does not currently exist in Norfolk



Grant Funding

- The largest proportion of our grant funding is directed towards developing improved Parent-Infant Relationship and Perinatal Mental Health Support
- Five key strands have been identified to utilise this funding over 2023/24 and 2024/25



0-4 Parent Infant Mental Health (PIMH) Service

The current Parent-Infant team will offer an enhanced liaison and intervention function around mild-moderate parent infant relationship difficulties aligned to the Norfolk Family Hub offer for families presenting with an infant aged 0-2 years - specifically this may include direct delivery across the family hub network or within the identified family hub sites.

- The current NSFT team will provide enhanced liaison to the Family Hubs and core family hub workforce. This will include:
 - Having a practitioner with specialist attachment expertise will be aligned to each family hub site, to provide targeted evidence-based, person – centred mild to moderate support
 - Providing support to the family hub workforce who will be delivering parent-infant relationship interventions (the workforce trained to level 2) to ensure better alignment with the PIMH service
 - Consultation, supervision, and reflective practice for non-specialist staff (family hub workforce)
 - Provide Level 1 training to the core family hub workforce in awareness of parent infant mental health and parent infant relationship difficulties and how early difficulties can be identified.



Grant Funding contd

NHS Talking Therapies service (Wellbeing / IAPT)

- To embed additional Wellbeing/IAPT practitioners within family hub sites to deliver perinatal mental health evidence-based interventions, for example CBT informed therapy delivered by psychological wellbeing practitioners, and counselling delivered by accredited practitioners
- Establish liaison practitioners aligned to the family hub offer in each district to support wider family hub workforce to identify perinatal mental health needs
- Expand existing perinatal pathway to support parents with children up to 2 years (currently just up to 1st birthday)
- Target additional support for fathers and co-parents (e.g. creation of webinar targeted at fathers)
- Commission training to ensure that at least one family hub site per district has a co-located practitioner with the specialism of supporting fathers who are expecting a baby or have a baby under the age of two

Pregnancy Loss Support

- Introduction of a counselling service from family hub sites in an appropriate setting
- Providing dedicated counselling support to fathers, co-parents and siblings (This is currently not an offer in Norfolk)
- Provide training to identified family hub workforce including bespoke training on perinatal mental health and best practice in delivering Peer Support groups, promoting the User Voice through client videos, case studies and anecdotes
- Developing a bespoke pregnancy loss peer support offer, inducting and providing training to newly recruited volunteer Counsellors.



Early identification of difficulties

Early identification of perinatal mental health and/or attachment difficulties is a key focus area for our Start for Life offer and family hub approach.

Our ambition is that more parents who are expecting a baby or have a baby under the age of two are supported to strengthen their relationship with their baby through receiving earlier attachment support, with families seen by Healthy Child Programme health visitors receiving an evidence-based assessment of parent-infant relationships and perinatal mental health. Our Healthy Child provider, CCS, are proposing to enhance the assessment process during mandated checks:

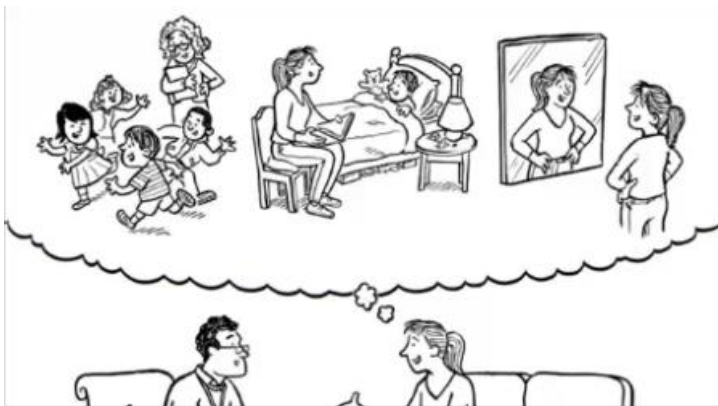
- **Perinatal mental health**
 - Moving from WHOOLEY to Patient Health Questionnaire (PHQ)4 at all mandated checks
 - The PHQ-4 has four items, two each from the GAD-2 and PHQ-2, with responses provided on a Likert scale. The PHQ-2 is a measure of depression, which includes the first two items from the longer depression measure, the PHQ-9. The GAD-2 is a measure of anxiety, with this measure including the first two items from the GAD-7. If concerns are identified they will move to PHQ9 / Generalised Anxiety Disorder (GADS)7
 - For new birth visits PHQ9 and GAD7 will be completed in full with no prior screen using the PHQ4
- **Attachment:**
 - [Mothers Object Relations Scales \(MORS\)](#) – My Baby
 - This instrument assesses mothers' perceptions of their infants on two scales;
 - Warmth: this scale assesses a mother's perception of how warm her infant is towards her.
 - Invasion: this scale assesses the extent to which a mother feels a sense of unwelcome invasion or control by her infant.



National Training Offer: Video Interaction Guidance (VIG)

VIG is a strengths-based, effective, brief intervention for parents of children across all ages. VIG aims to promote enhanced sensitivity, and capacity to mentalise, in both client and practitioner. VIG has a strong theoretical base: attachment, co-operative intersubjectivity, mediated learning, mentalization, and positive psychology. VIG is client-centred – moving at the clients' pace, with their goals in mind.

VIG is powerful and emotionally moving: Client's voice their surprise and pleasure in what they see. The VIG practitioner and client together notice and build on the client's strengths. VIG relationships are built on respect, trust, hope, compassion, co-operation and appreciation



VIG is effective in helping parents move to a new narrative about themselves as a parent, about their child, and their relationship with their child. This is key to secure attachment in the child



National Training Offer: Triple P - Baby

Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours.

- The programme can be delivered as a group or individually.
- Session 1: Positive parenting
- Session 2: Responding to your baby
- Session 3: Survival skills
- Session 4: Partner support
- Session 5-7: Implementing parenting routines
- Session 8: Programme close During the individual session, parents review progress, look at ways to maintain changes, and plan for the future

Triple P baby will become an available parent-infant attachment support intervention for the family hub workforce to utilise to support families



Questions



Norfolk Multi-agency Practice Week



Feedback can be provided through the QR code on the left or through this link which will be shared in the chat:

<https://forms.office.com/e/EM5kEwrFLU>

